

# A Nu Yu Studio

## Love Plasma Aftercare Advice

### On the Day of Treatment

- Take antihistamine (up to 4 days after treatment).
- Plasma after care cream / gel can be applied as needed,
- It is very important that the treated area is always kept dry aside from when caring for it.
- The swelling and the carbon crusts are important for the rejuvenation process. Please do not apply cool packs.
- Tip: A 'sunburn' kind of sensation can be observed after treatment, the plasma after care cream can also be used directly from the refrigerator and on the eye (can initially sting a little at the beginning).
- If you feel particularly aware of the treatment area over the counter anti-inflammatory medication such as Ibuprofen can be taken

### Days After treatment

- Swelling is to be expected. This is normally at its worst on day 3 after the treatment.
- There may be occasional weeping on treated area, if this occurs, it is normal and part of the healing response
- Cleanse the area twice daily with mild soap and lukewarm boiled water, and pat dry.
- Apply after care gel
- After 7-10 days, usually earlier, the carbon crust will dissolve. Once the carbon crust from the treated areas has sloughed away, you should continue to maintain well with aftercare gel.
- **It is important in the next few months, that high SPF cream be used on the treated areas daily to prevent pigmentation.**
- In addition, it is recommended to use a mineral powder, including a light protection factor, to conceal reddening.
  - To reduce the swelling: eye drops for 2-3 daily drops per eye (eye lift only).
- As the area heals and dries, a light crust can form on the skin. Do not pick, and keep clean and dry

### Day / Night Care After the Treatment Until the Scab Disappears

1. Apply mild soap to the area using a lint-free cosmetic pad, dab, do not rub
2. Afterwards, clean carefully with water.
3. Complete, with a lint-free cosmetic towel, dab dry.

4. Apply after care Cream / Gel with a clean Q-Tip in the morning and at noon.

It is important that all "plasma points" are adequately covered.

### **Good to know**

#### DO NOT SCRATCH

- Please use only perfume-free, gentle soap, baby shampoo is ideal

- Keep dry

- At first, it may be helpful to have a second head pillow when sleeping – sleeping position is advised to be more upright to help minimise swelling.

- For hygiene reasons it is recommended to put a towel/shirt over the pillows and to change it daily.

- The swelling can last a number of days after treatment.

- Please avoid thermal fluctuations in the first 4 weeks (ideally 8-12)

(E.g., sauna, solarium, steam bath, Hamann, etc.).

- Please avoid sunbathing for the next 2 months.

- A vitamin C supplement can help the skin to heal

**Important: Always use sunscreen or sunblock SPF 50 as soon as you are outside, to avoid pigmentation.**

- Please do not use self-tanning agents for the pink spots.

- Pigment defects can only be caused by incorrect behaviour in the aftercare (for example, incorrect care products) or sunbathing.

**The important utensils for you - before and after the treatment - summarised again:**

**Plasma after care cream or gel, mild cleanser, lint-free cosmetics, Q-tips, Antihistamines, Vitamin C, Sunblock SPF 50**